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COOPERATIVE EXTENSION WORK IN AGRICULTURE
AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES
COOPERATING.

STATES RELATIONS SERVICE,
OFFICE OF EXTENSION WORK, SOUTH.
(Farmers' Cooperative Dem. Work.)
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LABOR SAVING DEVICES.

From a description of a live Home Demonstration meeting attended recently in the Court House at Covington, Alleghany County, Virginia, may be obtained suggestions which can be used in developing Women's Home Demonstration Clubs.

The club in question was organized about June 3, 1915, with twelve members enrolled. Within three months time the enrollment had grown to twenty-five, with a long waiting list; making it necessary to start another club in order to take care of these names. The president of the club is so interested in the work that she is taking a correspondence course in Home Economics in order to be of more help to her women and to keep in advance of their work.

The directions for making labor saving conveniences have been in such demand that the club has prepared a bulletin on the construction and prices of these devices. They have included in this bulletin menus suggested for balanced meals, with recipes. The results can be distributed throughout the county to those who are eager to learn more about the club and its activities. Their first work began with the general plans suggested by this office.

FIRELESS COOKER.

Their first activity was in building a fireless cooker and for several meetings different committees were selected to demonstrate the cooking of various foods in their home-made cookers. A wooden or tin lard pail was used for the outside container of the cooker and was lined with two thicknesses of paper before packing. Three inches of packing was allowed on all sides and at the bottom of the gallon oyster can which was used as the nest. This nest was wrapped on the outside next to the packing with asbestos and a piece of asbestos placed under the bottom to prevent the scorching of the packing when the hot soap stones were used. The packing used was shredded newspaper and excelsior and this was packed in very tightly around and to the top of the nest, which was about three inches below the lid top of the outside container. Then a piece of cardboard was cut to fit inside the lard can and a circle cut out of the center around the top of the oyster can or nest, to hide the packing and make a neat finish. A cushion of unbleached muslin, three inches thick and stuffed tightly with excelsior, was made. This was put on the top of the lid of the nest, and, when the top of the outside container was placed on and hooked down, it was tight enough to cause a pressure. When the tin pails were used they were enameled white and when wooden pails were used they were stained brown, making very neat looking pieces of furniture for the kitchen. The utensils used for cooking the food in the nest, in some cases, were the regular aluminum fireless cooker utensils. Any kind of a vessel with a close fitting top and one that fits closely in the nest of the cooker might be used. The different cookers were tested by the ladies of the club at their meeting. The cost of this fireless cooker was estimated at 25 cents.

SCRUBBING CHARIOT.

One of the cleverest "little labor savers" demonstrated at this meeting was a "scrubbing chariot". This consisted of a comfortable padded frame on rollers which enables the housewife, in wiping the floors, to roll about and do the scrubbing with more ease and comfort and save a great many steps. This was built at a very small cost. A $\frac{3}{4}$" plank was used, 20 x 10". The sides were made of 2" strips $8\frac{1}{2}$" long and 4" wide. The front piece was of the same material 20" long and 4" wide. An ordinary soap box can be used for this by cutting down the size to about 5" high and knocking out the side. The padding for the bottom of this chariot was made of burlap which made it more comfortable when kneeling. This was simply tacked around the inside of the chariot and the whole thing was placed on four rollers and stood just the height of the rollers off the floor. A soap dish was screwed on one side and a little rack for the scrubbing brush on the opposite side. Estimate cost of this follows:

Soap box for body of chariot	$.00;	4 flat rollers	$.10
1 yard red burlap	.15;	1 soap holder	.05
1 box brass head tacks	.10;	Stain	.07
T O T A L -			$.47

DUSTLESS MOP.

Another of the conveniences showing their ingenuity was a handy, or dustless mop for painted or polished floors. This was made by cutting the straw from a worn out broom even with the wires which hold the straw to the handle. This part of the broom was covered with an old stocking and the legs of other old stockings were cut 12" long and slashed into 1" strips to about 2" from the top. These were sewed on to the covering over the broom, around and around the surface in rows about 1" apart until the mop was the desired thickness. This mop was then dipped into a solution of one-half cup of melted paraffine and one cup of coal oil and allowed to dry on the strips. The mop was kept moist by rolling tightly and pressing into a paper bag. There was no cost placed on this device because it was made of all worn-out things which they had about the house.

MILK COOLER AND ICELESS REFRIGERATOR.

A companion convenience to the fireless cooker for the hot summer days was a milk cooler or iceless refrigerator. The estimate cost of this most useful convenience is here given:

Wood for the frame	$.10;	1 can white enamel	$.15
1 biscuit pan, 12"	.15;	$2\frac{1}{2}$ yards white canton flannel	.25
1 large biscuit pan	.25;	Buttons	.10
1 square of tin	.15;		
T O T A L -			$1.15

Directions furnished by the Department were followed except that buttons and button holes were used on the canton flannel because it was cheaper than buggy hooks. The shelves used in the inside of the refrigerator were made of tin roofing squares, enameled white, with perforations cut in them. In this cost the

screening was also omitted. These refrigerators are more useful when screened against flies. The following description will enable you to build one:

Have a screened case made 3½ ft. high with other dimensions 12" x 15". Place two one inch wooden strips across the top over the screen, low enough to allow a square pan to fit in between the four corners. Have two movable shelves, 12 to 15 inches apart in it. Use a pan 12 inches square (a 15 cent biscuit pan will answer) on the top to hold the water and have the whole thing standing in a large pan (a 25 or 30 cent biscuit pan). The pans and case are all painted white, allowed to dry and then enameled. A covering of white canton flannel should be made to fit it. Have the smooth side out and button the coverings on the frame with buggy or automobile curtain hooks and eyes, arranged so that the door may be opened without unfastening these hooks. This can easily be done by putting one row of hooks on edge of door near the latch and the other just opposite the opening and having the hem on each side extend far enough to cover the crack at edge of door to keep out the warm outside air and keep in the cooled air. This dress or covering will have to be hooked around the top edge also. Two double strips one-half the width of each side to form wicks should be sewed on the top of each side and allowed to extend over about 2½ or 3 inches in the pan of water. The bottom of the covering should extend to lower edge of case.

Place the refrigerator in a shady place where air will circulate around it freely. Keep the wicks in the supply of fresh water in the upper pan. This water is carried down the sides of the cloth by capillary attraction and when evaporation takes place, the heat is taken from the inside, thereby lowering the temperature. On dry hot days a temperature of 50 degrees can be obtained in this refrigerator.

HOME-MADE SHOWER BATH.

A very simple, convenient and cheap arrangement for a home-made shower bath has been built by these women and is considered especially useful in the homes where there are many children. This device was made by using a two or four gallon tin bucket. A hole was punched in the bottom and a piece of pipe about 1½" to 2" long soldered in this opening. A piece of rubber hose 4 ft. to 6 ft. long was attached to this pipe and a sprayer from the watering can or nozzle placed on the end. A rope was tied to the handle of the bucket and run through a staple driven in the joist beside the window sash, making a pulley by which the bucket could be raised or lowered to suit the convenience of the person taking the shower. A hook was placed below this staple so that the rope could be fastened to hold the bucket in place. A clothes pin was used over the rubber tube to cut off the water. A large tin tub was placed underneath to stand in. Estimated cost of this convenience is as follows:

A two-gallon tin bucket	$.15;	Pulley	$.10
Medium size zinc bucket	.75;	Piece of piping	.10
12 ft. of rope	.07;	Clothes pin	.01
Nozzle and rubber tubing	.65;	White paint	.15
	T O T A L - - - - - - - - - - - - - - - - - -		$1.98

ROLLER TRAY WAGON AND SERVING TABLE.

One of the most efficient of these devices which has been made by the members of this club is a roller tray wagon. This convenience comprises a china closet, serving table, and roller tray all in one. This device was built by using a box 5" deep for the top and placing it on 4 wooden posts for legs. Dimensions: top of table 31½" long by 16½" wide and 29" high and a serving compartment 5" deep. Below this compartment, a linen and silver drawer 2½" deep was placed, with little knobs to open the drawer on either side. The top of the table was put on hinges and straps or small chains fastened to keep it from falling back too far when opened. The bottom of the serving compartment is 5" below this top. Around the sides of this compartment are little screw hooks on which the cups may be hung. In this compartment is space for serving dishes for six. Below this serving compartment is a drawer which is divided in the center by a ½" strip. One side is used for the linen and one side for the silver. The side used for the silver is lined with blue outing flannel because this serves the same purpose and is cheaper than felt. A spool was cut into halves to make the knobs for the drawer and a pair of these knobs was placed on each side so that the drawer could be used from either side. The legs were square pieces of wood 1½" square with rollers. Sometimes old rubber tired wheels from toy wagons or discarded baby coaches were used. This is an improvement because the tray rolls noiselessly. In some cases the legs from old tables were used in place of having these made. At each end two brackets were placed so that the table could be pushed or pulled. When the soiled dishes were taken to the kitchen and washed they were placed into this serving compartment with one handling only, the lid placed down and the tray rolled into the dining room, the dishes being all ready for setting the table at the next meal, it not being necessary to put them away because they are out of the dust when this top is placed down. The estimated cost of this convenience is as follows:

Dry goods box	$.25;	2 hinges	$.10
1 yd. blue outing	.10;	4 rollers	.15
1 remnant white oil cloth	.15;	1 can mahogany stain	.30
T O T A L -			$1.05

With a small doily and a vase of flowers this roller tray answers the purpose of a serving table and makes a very attractive piece of furniture.

FOLDING IRONING BOARD.

To this might be added the directions for making the folding ironing board and cover. This ironing board is a step saver also. Being hinged to the wall, it is always ready and in place. It may be hooked up against the wall out of the way when not in use. The leg is hinged to the board and falls flat when the board is lifted. With it down and in use, the leg is not in the way and skirts may be ironed without lifting or changing. The directions for making are as follows:

Ironing Board.	Cover.
Length - 57 in., rounded at free end	Padding - Any heavy material such as cotton flannel or a partially worn out blanket.
Width - a. Attached end - 15 in. b. Free end - 10½ in.	a. Cut to shape of board, allowing 2 in. on each side and end.
Leg - a. 58½ in., to be changed to suit height of board. b. Attach to board 11 in. from free end.	b. Bring extra 2 in. to underside of board and tack firmly and smoothly in place.
Hinges - To be attached by hinges to the wall 33 in. from the floor. For use by person above average height board should be higher, which will require a longer leg.	Ironing Sheet - Use unbleached muslin (homespun) a. Cut to shape of board, allowing 4 in. on sides and end and hem all around. b. Attach tapes on opposite sides, about 10 in. apart. Tie the sheet on with these tapes. c. Make two sheets.
Wood - To be made of thoroughly seasoned wood 1½ in. in thickness.	The cover and sheet may be left on when putting the board up by allowing sufficient space when adjusting the button or screw hook and eye which holds the board in place.

Government bulletins were read and discussed at these meetings and this study has been going along with the construction of these labor saving devices. Planning and serving of well balanced meals has interested the women since these conveniences have been finished.

With the minds of these members focused on labor saving devices, naturally new and original ideas were suggested and other conveniences besides those suggested have been worked out by these women.

An exhibit of all these devices at your fair in a Home Demonstration would stimulate a great deal of keen interest among the women. The simple barrel home water system, like chart, placed just outside of a wall enclosing a kitchen furnished with these devices would give a splendid idea of the simple and inexpensive conveniences every farm woman should have with but little expenditure of time and labor.

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